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Health and Wellness Center

DEC 2010



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Laughlin Air Force Base, Texas

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Top 10 Resolutions 1. Dance like no one is watching 2. Have a Relaxing Bath 3. Eat Less Salt 4. SMILE 5. Eat your veggies 6. Walk an extra mile every week 7. Floss 8. Be helpful 9. Volunteer 10. Be kind to animals
		1 UFPM CLASS (0800-1000) BodPod (0900-1000) (1500-1600)	2 AD Profile/Form 422 Appt (1330-1500) Tobacco Cessation Class 1 (1530-1630)	3 AD Profile/Form 422 Appt (0800-0900)	
6 BodPod (0900-1100) (1500-1600) Healthy Heart Class (1400-1500)	7 AD Profile/Form 422 Appt (1330-1530) Tobacco Cessation Class 1 (1100-1200)	8 AD Profile/Form 422 Appt (0800-0900) Diabetes Support (1000-1100) BodPod (0900-1000) (1500-1600)	9 AD Profile/Form 422 Appt (1330-1500) Tobacco Cessation Class 2 (1530-1630)	10	
13 BodPod (0900-1100) (1500-1600)	14 BE WELL (0800-1100) Tobacco Cessation Class 2 (1100-1200) AD Profile/Form 422 Appt (1330-1530)	15 TRAINING DAY HAWC CLOSED	16 AD Profile/Form 422 Appt (1330-1530) Tobacco Cessation Class 3&4 (1530-1630)	17 AD Profile/Form 422 Appt (0800-0900)	
20 BodPod (0900-1100) (1500-1600)	21 BE WELL (0800-1100) Nutrition 101 (1200-1300) Tobacco Cessation Class 3&4 (1100-1200)	22 DIABETES CLASS (1100-1230) BodPod (0900-1000) (1500-1600)	23	24 CHRISTMAS HOLIDAY HAWC CLOSED	
27 AETC FAMILY DAY	28 BE WELL (0800-1100) AD Profile/Form 422 Appt (1330-1530)	29 BodPod (0900-1000) (1500-1600)	30 AD Profile/Form 422 Appt (1330-1530)	31 NEW YEARS HOLIDAY HAWC CLOSED	

CLASSES ARE SUBJECT TO CHANGE

BE WELL – This class has taken place of the previous HLP & BCIP classes as part of the new AF Fitness Program. This class is for all members that receive a Unsatisfactory rating. The 3 components of this class is fitness, nutrition and goal setting.

PT Leader Class –Required class for members appointed by CC to lead unit PT or conduct unofficial FA's. Members **MUST** be appointed by the unit/CC.

UFPM Class – Required training for anyone that will perform Unit Fitness Program Manager (UFPM) duties for their unit. Members **MUST** be appointed by the unit/CC.

DLC (Duty Limited Condition) – Required appointment for members on profiles > 30 day or testing within profile period.

PTL Refresher Class- Recertification class required for all PTL's (annual date of certification or who was certified at another installation IAW AFI 36-2905 1.25.1.1).

Tobacco Cessation- HAWC offers 6 evidence based programs to assist smoke and smokeless users to quit.

Diabetes Class- 4th Wednesday of each month-Skill development for diabetes management including American Diabetes Association exchanges list, carbohydrate counting, portion control, label reading, meal frequency, sick days, alcohol use and healthy heart.

Healthy Heart Class- 1st Monday of each month – Fundamentals of heart healthy diet, label reading, sodium, cholesterol, good and bad fats.

Nutrition 101 – 3rd Tuesday of each month-Label reading, portion control, energy balance, Stacey's top 10 nutrition tips.

BodPod – Measures Body Composition and gives an analysis of body fat percentage.